

Celebrate Recovery 2013

Wallace State Community College (WSCC)-Hanceville Alabama

Sponsored by Wallace State Human Services Department and Heads-Up in Conjunction with Mental Healthcare of Cullman

Wallace State's Community College Human Services Program and Heads-Up Campus Prevention Program partnered with Mental Healthcare of Cullman to Celebrate Recovery Month, 2013. Approximately 350 participants attended the recovery events, themed "Mental Health and Addiction Recovery Matters."

The Human Services Department kicked off the recovery festivities with a luncheon and a student-led NA group. Students and guests dined on fried chicken, hot wings, potato salad, seven-layer salad, slaw, beans, chip/dip, fruit, tea, and a variety of desserts. After the meal, a recovery student facilitated the NA group, in which an NA member spoke and shared his struggle with addiction and his personal story of recovery. The speaker challenged and encouraged all to stay clean, and never give up on someone struggling with addiction. The meeting recognized recovery birthdays and anniversaries and then closed with the Serenity Prayer.

Recovery Month concluded on October 1st at the Health Living Street Festival on Wallace State's campus. The college hosted the Healthy Living Street Festival as a way to promote healthy lifestyles. All college students, employees, and the local community were invited. Various WSCC Health Education programs, including Human Services and Heads-Up, along with community health vendors participated. Vendors and health education programs conducted screenings, provided information, gave away door prizes and goodie bags, free food, and music.

As a collaborative effort for Recovery Month, WSCC Heads-Up, WSCC Human Services, and Mental Healthcare of Cullman sponsored a "Mental Health and Addiction Recovery Matters" booth at the WSCC street festival. Information and demonstrations regarding substance disorders and mental health disorders was provided. Tommie Sanders from Mental Healthcare of Cullman provided a hallucination simulation of schizophrenia. Festival attendees wore headphones and listened to the hallucinations in order to educate the attendees of what a person diagnosed with schizophrenia may experience on a daily basis. Fatal Vision Impairment Goggles were demonstrated. Participants wore the evidence-based goggles to simulate impairment and to prevent the use of alcohol and other drugs. Greg Mayo, WSCC Heads-Up Prevention Coordinator and Human Services students cooked hot dogs, popped popcorn, passed out bottled water and soft drinks, distributed Heads-Up t-shirts and koozies, and prevention and mental health literature. The students also made and distributed green mental health awareness ribbons, decorated the recovery booth tent, designed mental health matters t-shirts, organized and provided food for the recovery luncheon, solicited door prizes, and assisted the festival committee with WSCC campus set-up and clean-up. Questions regarding mental illness, addiction and recovery, treatment options, as well as referrals to Mental Healthcare of Cullman were addressed.

Recovery Month 2013 on the campus of Wallace State Community College in Hanceville Alabama was a huge success. Not only was it fun, it served as a tool for student learning and collaboration with community mental health providers. "Mental Health and Addiction Recovery Matters."



Wallace State Community College-Hanceville Human Services Department Celebrate Recovery Luncheon 2013



Aerial View of the 2013 “Mental Health and Addiction Recovery Matters Tent” at the Healthy Living Street Festival on the campus of Wallace State Community College-Hanceville. Our white tent with green mental health awareness balloons is in front of the gazebo. Heads Up Prevention Coordinator Greg Mayo and students are grilling hotdogs and serving cold water and soft drinks at the gazebo. Tommie Sanders from Mental Healthcare of Cullman and Human Services students are coordinating the schizophrenia simulation, the Fatal Vision Impairment Goggles, distributing prevention brochures, registering attendees for door prizes, answering mental health and addiction questions, and making referrals.



Human Services Students from Wallace State Community College-Hanceville working the “Mental Health and Addiction Recovery Matters” booth. Students are wearing Heads-Up Prevention T-shirts and “Mental Health Matters” t-shirts with green mental health awareness ribbons on their shirts.